

*“Discover Your Passions
and Strengths -- A Roadmap
to Find and Master Your
True Passions in Life for
Higher Levels of
Engagement and Well
Being”*

WORKSITE WELLNESS CONFERENCE
MARCH 27, 2014

DISCOVER YOUR TRUE PASSIONS AND STRENGTHS

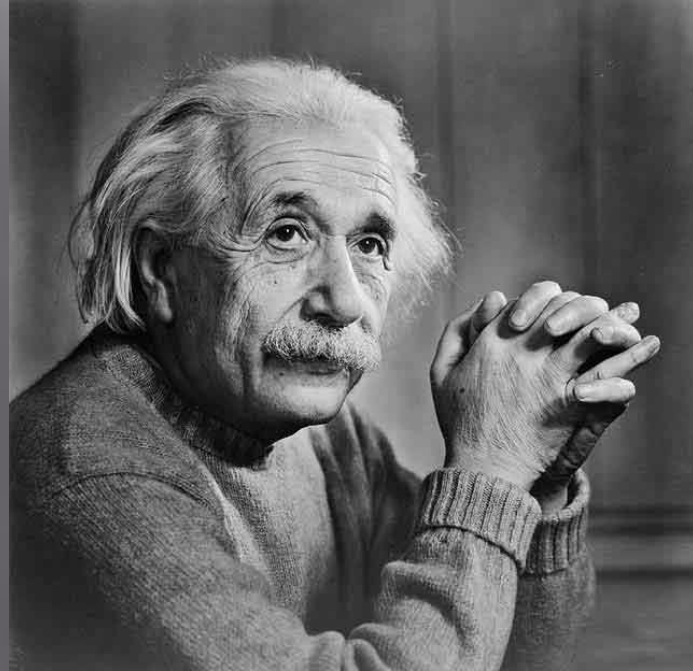
Tom Myers

Assoc. Professor of
Management
Stiller School of Business
Champlain College

Founder, *Access 33, Inc.*
Jericho, VT 05464

“I HAVE NO SPECIAL
TALENTS. I AM ONLY
PASSIONATELY CURIOUS.”

Albert Einstein



Passions = Opportunities

Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and Creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision raising in one's favour all manner of unforeseen incidents and meetings and material assistance which no man could have dreamt would have come his way.

I have learned a deep respect for one of Goethe's couplets:

"Whatever you can do, or dream you can, begin it,
Boldness has genius, power, and magic in it."

W.H. Murray

Leader 1952 Scottish Ascent of Mount Everest

***“FAITH IS TAKING THE FIRST
STEP, EVEN WHEN YOU
DON'T SEE THE WHOLE
STAIRCASE.”***

Dr. Martin Luther King, Jr.



YOU!

Your Passions and Strengths

*What do you want from this
Workshop?*

Our Medicine Wheel Exercise



***YOUR
PASSIONS!***

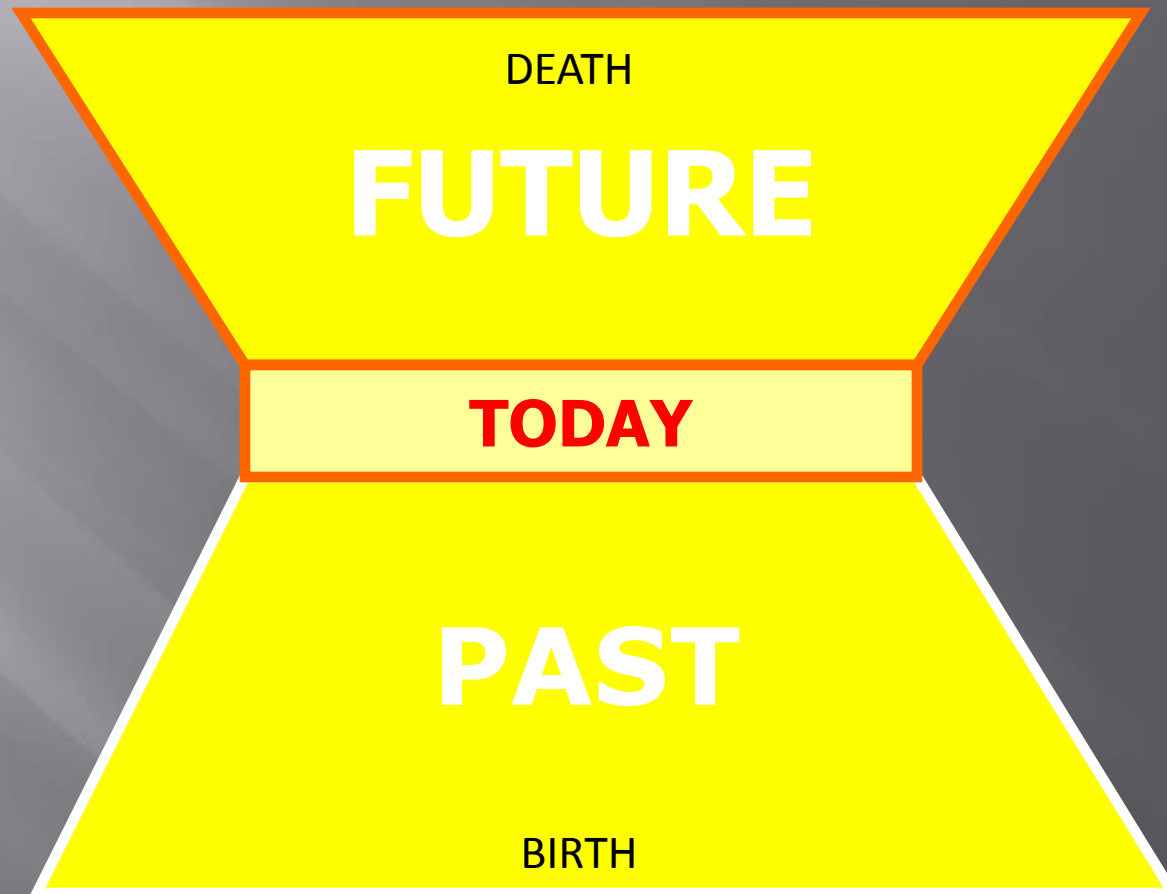
Leadership Passions and Strengths

What are YOU *Passionate* about?

What are YOU *Meant* to do?

Herb Brooks – *Miracle*

Time Cone



Passions and Strengths

Fun Exercises (I promise):

1. 20 Seconds...

1. 6 Months...

*“Follow your Bliss and
the universe will open
doors where there were
only walls.”*

Joseph Campbell



Passions and Strengths



Doug Newburg, UF

Your Passions → *Flow* (or
Eustress)

What?

Characteristics of FLOW

- ❖ Time warps (slow or fast)
- ❖ Lose sense of self
- ❖ Intense focus
- ❖ Perform at highest level
- ❖ Seems effortless (flow)
- ❖ Internally satisfying
- ❖ Regain larger sense of self

Are you “Lucky”?

The 4 Core Principles:

1. Make Your Luck: Increase and Recognize Chance Opportunities
2. Your Gut is Right: Intuition and Gut Feelings Matter
3. Expect the Good: Expectations Fulfill Dreams
4. Fix Your Luck: Transform Bad into Good

***YOUR
PLAN!***

***What Will You
Do Now?***

THE PURPOSE OF LIFE

- ❖ Find Your Passion
- ❖ Invest in Your Passion
- ❖ Enjoy Your Passion
- ❖ Help Others Find Their Passions

“WWW” – What Went Well?

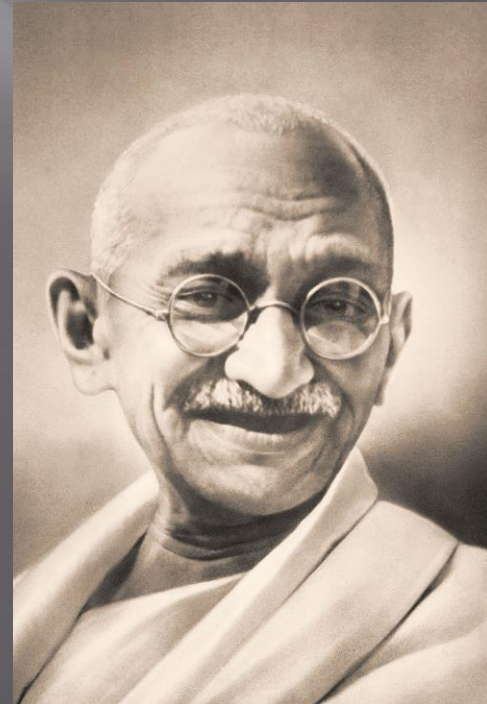
- ▣ Maintain Daily Journal
- ▣ Can Be Very Simple – (KISS)
- ▣ Notice Patterns?
- ▣ Gratitude?

PASSIONS AND STRENGTHS

*THE PRINCIPLES OF GOAL
SETTING AND SUPPORT*

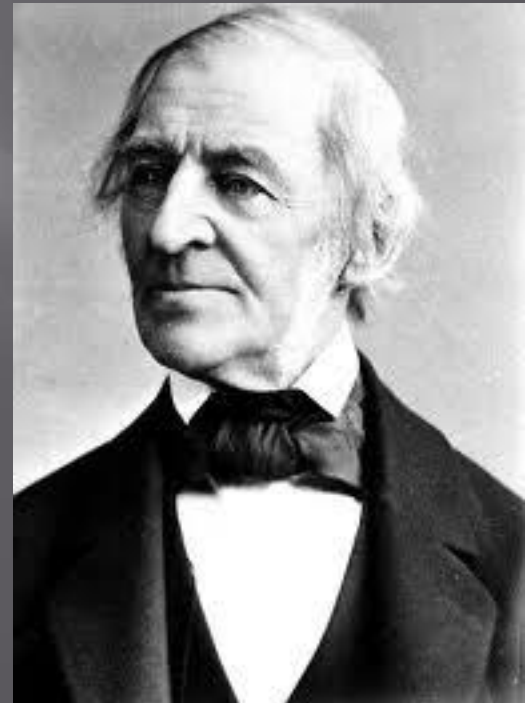
“HAPPINESS IS WHEN
WHAT YOU THINK,
WHAT YOU SAY, AND
WHAT YOU DO ARE IN
HARMONY.”

Mahatma Gandhi



**“THERE ARE TWO PARTIES:
THE ESTABLISHMENT AND
THE MOVEMENT.”**

Ralph Waldo Emerson



***YOUR
QUESTIONS?***